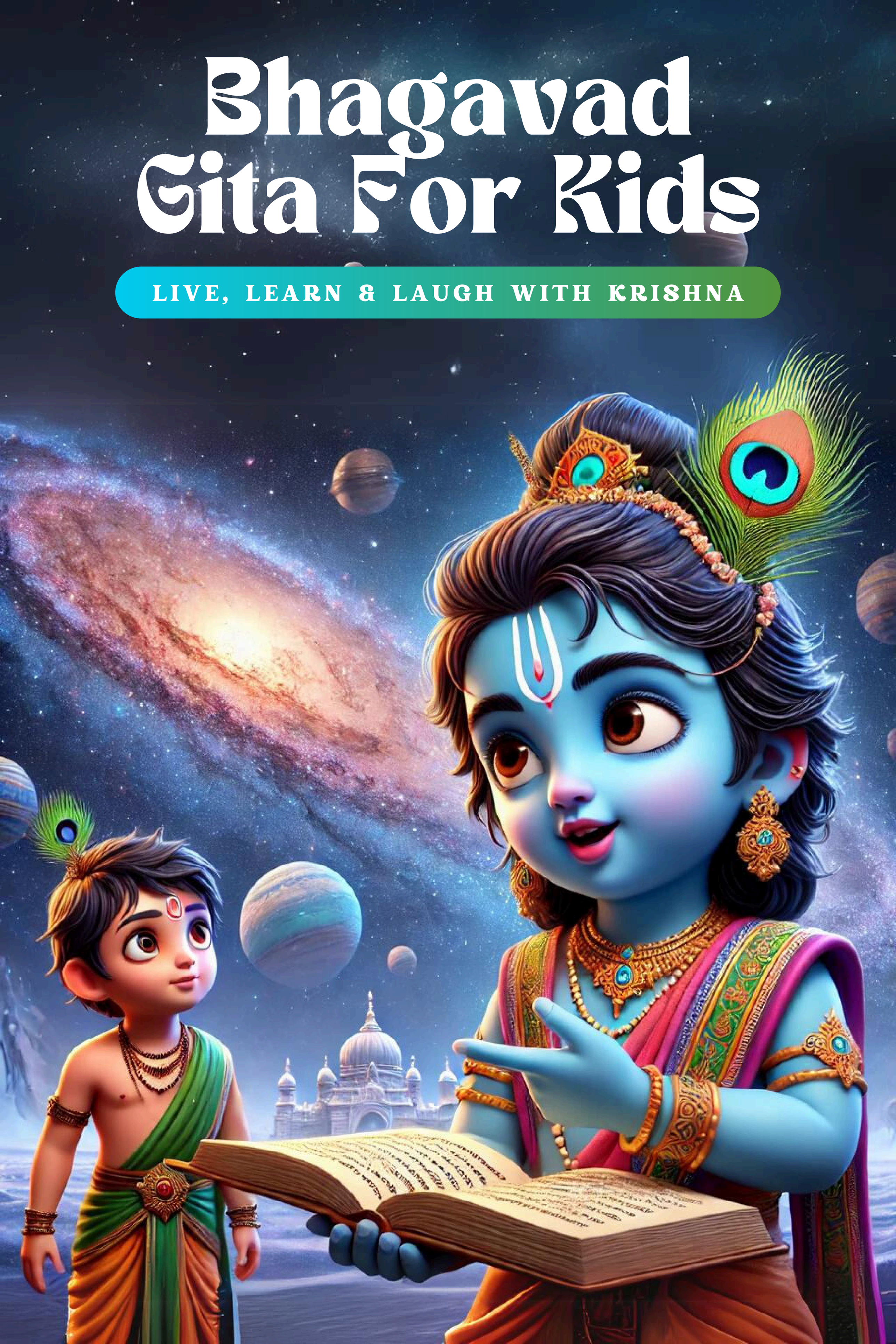
Bhagavad Gita For Kids

LIVE, LEARN & LAUGH WITH KRISHNA



HELLO, LITTLE FRIEND!

This book is like a magical guide from Krishna, filled with stories and teachings from the Bhagavad Gita.

IT WILL HELP YOU:

Smile Every Day: Find joy and peace.

Spread Kindness: Help and care for others.

Be a Hero: Face challenges with bravery.

Grow Smart: Make wise choices.

Stay Strong: Be calm and strong inside.

With fun activities, quizzes, and songs this book will be your friend, guiding you to be a better, happier person.

THE TWO COUSINS

Once upon a time, in the beautiful kingdom of Hastinapura, there lived two groups of royal cousins: the Pandavas and the Kauravas. The Pandavas were five brave and kind brothers, while the Kauravas were a hundred strong and proud brothers.

GROWING UP TOGETHER

The Pandavas and Kauravas grew up together in the palace, learning about the ways of kings and warriors. They played, studied, and trained in archery, sword fighting, and riding horses.

THE JEALOUSY GROWS

As they grew older, the Kauravas, led by their eldest brother Duryodhana, became jealous of the Pandavas. They wanted to rule the kingdom alone and did not want to share it with their cousins.

SONG TIME

SING THIS SONG TO REMEMBER KRISHNA'S TEACHINGS:

Krishna sings with joy so bright,
Helping kids grow day and night.
Love and wisdom, pure and true,
In every step, they shine anew.

THE GREAT WAR

The jealousy and disagreements led to a big war called the Mahabharata. The two families gathered their armies on the battlefield of Kurukshetra, ready to fight for the kingdom.

ARJUNA'S DOUBT

Arjuna, one of the Pandava brothers, was a great warrior. But when he saw his family and friends on the other side, he felt very sad and confused. He did not want to fight against them. He put down his bow and said, "I cannot do this."

KRISHNA'S HELP

Krishna, Arjuna's charioteer and a wise guide, saw Arjuna's distress. He decided to help Arjuna understand his duty and the true meaning of life.

THE ETERNAL SOUL

Krishna explained that every person has a soul that is eternal. This soul never dies but moves from one body to another, like changing clothes. This means there is no real end to life.

SONG TIME

SING THIS SONG TO REMEMBER KRISHNA'S TEACHINGS:

Krishna plays his flute so sweet,
Guiding kids in life’s great feat.
Grow with love and shining light,
Walk the path that’s pure and right.

DOING YOUR DUTY

Krishna told Arjuna that everyone has duties in life, and it is important to do them without thinking about the results. By doing our duties well, we help make the world a better place.

As a warrior, Arjuna's duty was to protect the kingdom and fight for justice.

STAYING CALM

Krishna said that it is important to stay calm and focused while doing our duties. If we keep our mind on doing the right thing, we will find peace and happiness.

DEVOTION TO GOD

Krishna also told Arjuna that the best way to live is to dedicate all our actions to God. By doing this, we stay connected to a higher purpose and find strength and peace within ourselves.

ARJUNA'S COURAGE

After listening to Krishna's teachings, Arjuna felt much better. He understood that he must fight to protect what is right and fulfill his duty. With courage, Arjuna picked up his bow and arrows.

SONG TIME

SING THIS SONG TO REMEMBER KRISHNA'S TEACHINGS:

Krishna’s laughter fills the air,
Helping kids to dream and dare.
Grow with courage, heart, and might,
Walk the path that’s true and bright.

THE BATTLE BEGINS

The great battle of Kurukshetra began. The Pandavas, guided by Krishna's wisdom, fought bravely. The Kauravas, led by Duryodhana, also fought with all their might.

KRISHNA'S TEACHINGS

Throughout the battle, Krishna continued to share his wisdom with Arjuna, teaching him about many important things in life.

HERE ARE SOME OF KRISHNA'S KEY TEACHINGS:

- **Selflessness:** Always think of others and do good deeds.
- **Wisdom:** Seek knowledge and understanding.
- **Courage:** Be brave and face challenges with strength.

THE THREE PATHS

KRISHNA EXPLAINED THAT THERE ARE 3 MAIN PATHS TO LIVE A GOOD LIFE:

1. **Path of Knowledge:** Learning & understanding the truths of life.
2. **Path of Devotion:** Loving and dedicating oneself to God.
3. **Path of Action:** Doing good deeds without expecting rewards.

ARJUNA'S STRENGTH

With Krishna's guidance, Arjuna felt strong and confident. He realized that by following these teachings, he could become a better person and a great warrior.

THE TEACHINGS OF GITA

The teachings Krishna shared with Arjuna, known as the Bhagavad Gita, became a guide for people all over the world. These teachings help us live a life full of happiness.

QUIZ TIME!

LET'S SEE WHAT YOU REMEMBER

1 **What did Krishna teach about the soul?**

- ○ It lives forever and moves to new bodies.
- ○ It disappears after the body dies.
- ○ It becomes a star.

2 **What should we focus on while doing our duties?**

- ○ The results
- ○ Doing our best
- ○ Watching TV

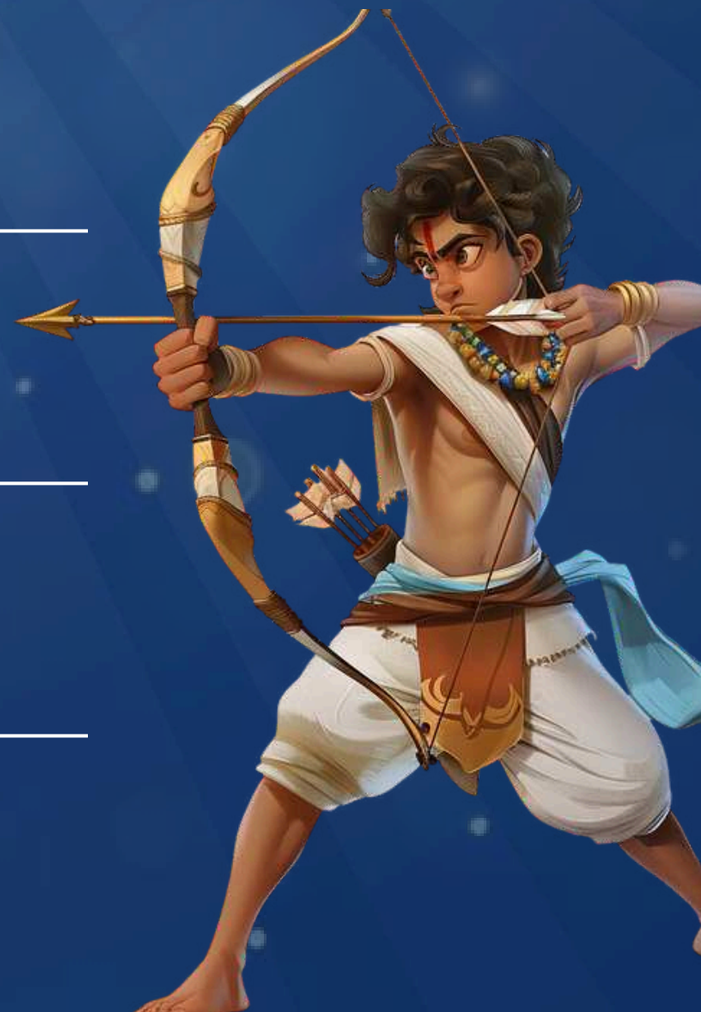
3 **What are the three main paths Krishna talked about?**

- ○ Knowledge, Devotion, Action
- ○ Sleeping, Eating, Playing
- ○ Running, Jumping, Swimming

REFLECTION

Think about a time when you had to do something difficult. How did you feel?

What did you do to overcome your challenge? Remember, just like Arjuna, we can all find strength and wisdom to face our challenges.



SONG TIME

SING THIS SONG TO REMEMBER KRISHNA'S TEACHINGS:

Krishna’s laughter fills the air,
Helping kids to dream and dare.
Grow with courage, heart, and might,
Walk the path that’s true and bright.

KRISHNA'S UNIVERSAL FORM

One day during the battle, Krishna decided to show Arjuna his true, divine form. This form was huge and filled with light, with countless faces and arms, showing the entire universe within him. Arjuna was amazed and filled with awe.

THE POWER OF FAITH

Krishna told Arjuna that having faith in God is very powerful. He explained that by believing in and loving God, we can overcome any obstacle and find true happiness.

IMPORTANCE OF MEDITATION

KRISHNA TAUGHT ARJUNA ABOUT MEDITATION:

1 | **Focus the Mind:** Sit quietly and concentrate on a single point or thought.

2 | **Stay Calm:** Let go of all worries and stay peaceful.

3 | **Connect with God:** Meditate for closeness and strength.

ARJUNA'S QUESTIONS

Arjuna had many questions for Krishna. He asked about life, death, and how to live a good life. Krishna patiently answered all his questions, guiding him with wisdom and love.

BODY AND SOUL

Krishna said our body is like a field, and our soul knows the field. By knowing this, we can take care of our body and soul, just like a farmer takes care of his field.

LIVING WITH BALANCE

KRISHNA EMPHASIZED THE IMPORTANCE OF BALANCE IN LIFE:

1 | **Work & Rest:** Make sure to work hard but also take time to rest & relax.

2 | **Eating and Playing:** Eat healthy food and enjoy fun activities.

3 | **Study and Friends:** Study well and spend time with friends and family.

QUIZ TIME!

LET'S SEE WHAT YOU REMEMBER

1 **What did Krishna show Arjuna during the battle?**

- A treasure chest
- His divine universal form
- A rainbow

2 **What can meditation help us do?**

- Focus the mind
- Stay calm
- Connect with God

3 **What is our body compared to?**

- A field
- A tree
- A river

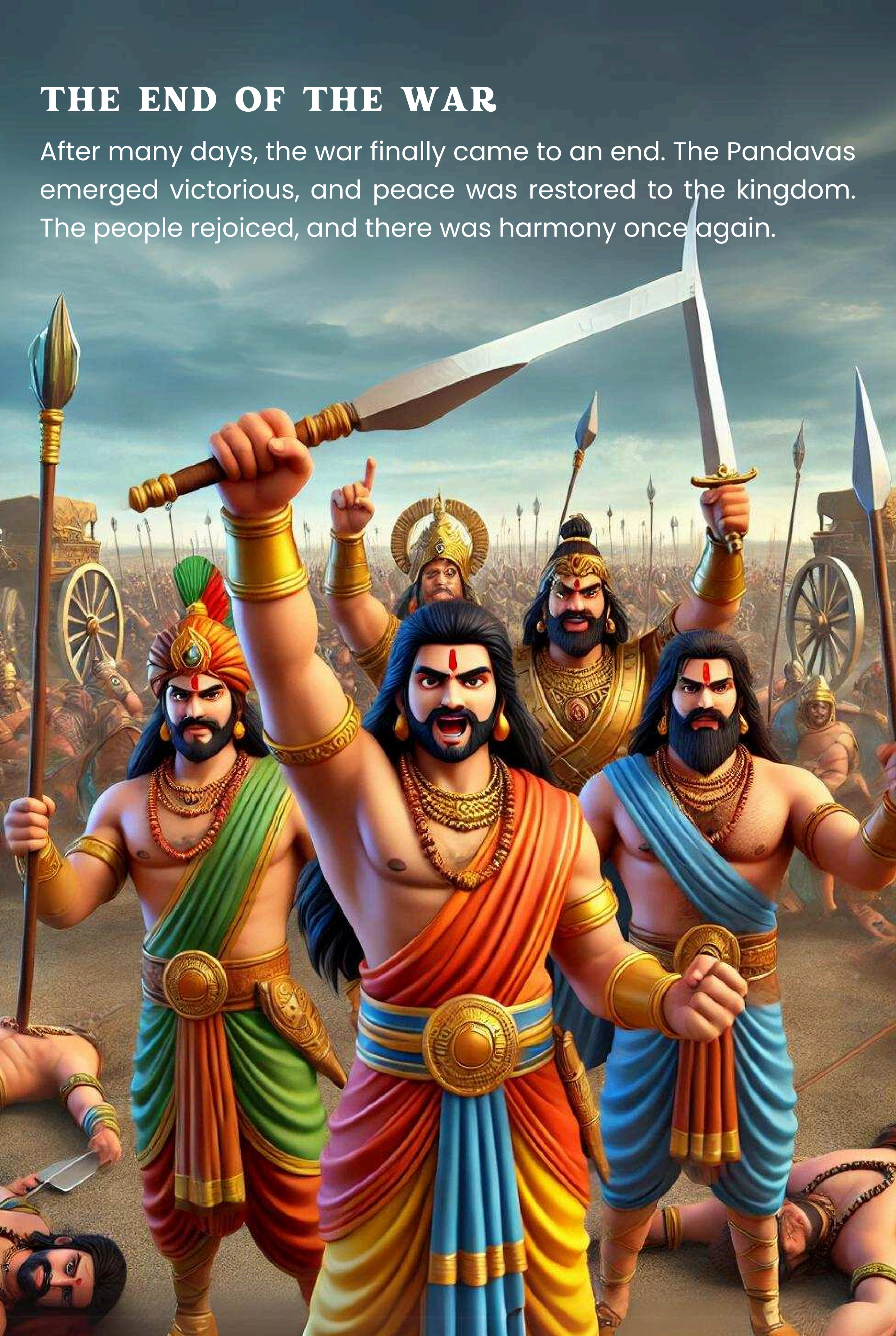
SONG TIME

SING THIS SONG TO REMEMBER KRISHNA'S TEACHINGS:

Krishna's dance is full of grace,
Leading kids to find their place.
Grow with joy and shining light,
Do what’s kind and always right.

THE END OF THE WAR

After many days, the war finally came to an end. The Pandavas emerged victorious, and peace was restored to the kingdom. The people rejoiced, and there was harmony once again.



KRISHNA'S BLESSINGS

Krishna blessed Arjuna and the Pandavas. He told them to always remember the teachings of the Bhagavad Gita and to live their lives with goodness, love, and wisdom.

THE LEGACY OF THE GITA

The Bhagavad Gita's teachings have been passed down through generations. People from all over the world read it to find guidance, strength, and peace in their lives.

REFLECTION

Think about what you learned from Krishna's teachings.
How can you use these lessons in your own life to be brave, wise, and kind?

SONG TIME

SING THIS SONG TO REMEMBER KRISHNA'S TEACHINGS:

Krishna’s smile is warm and bright,
Guiding kids through day and night.
Grow with love and wisdom’s light,
Choose the path that leads to right.

FUN FACT

Did you know? The Bhagavad Gita has been translated into many languages and is read by people all over the world!

SONG TIME

SING THIS SONG TO REMEMBER KRISHNA'S TEACHINGS:

Krishna showed his divine form,
Bright and full of light,
Taught Arjuna to be strong,
Do what's good and right.

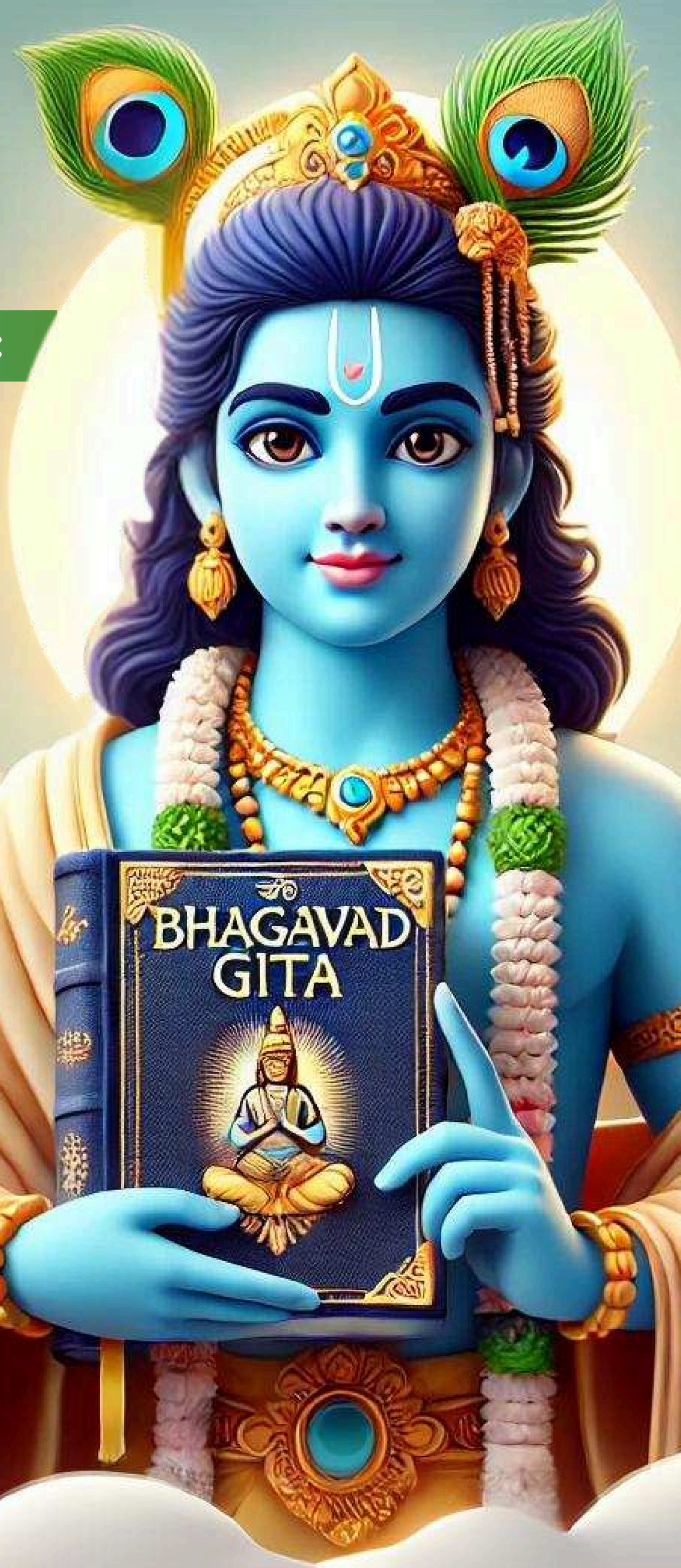
LEARNING FROM THE GITA

HERE ARE SOME KEY LESSONS FROM THE GITA:

1 | **Do Your Duty:** Always try your best in everything you do.

2 | **Stay Calm:** Don't worry too much about the results.

3 | **Have Faith:** Believe in yourself and in God.



ARJUNA'S GRATITUDE

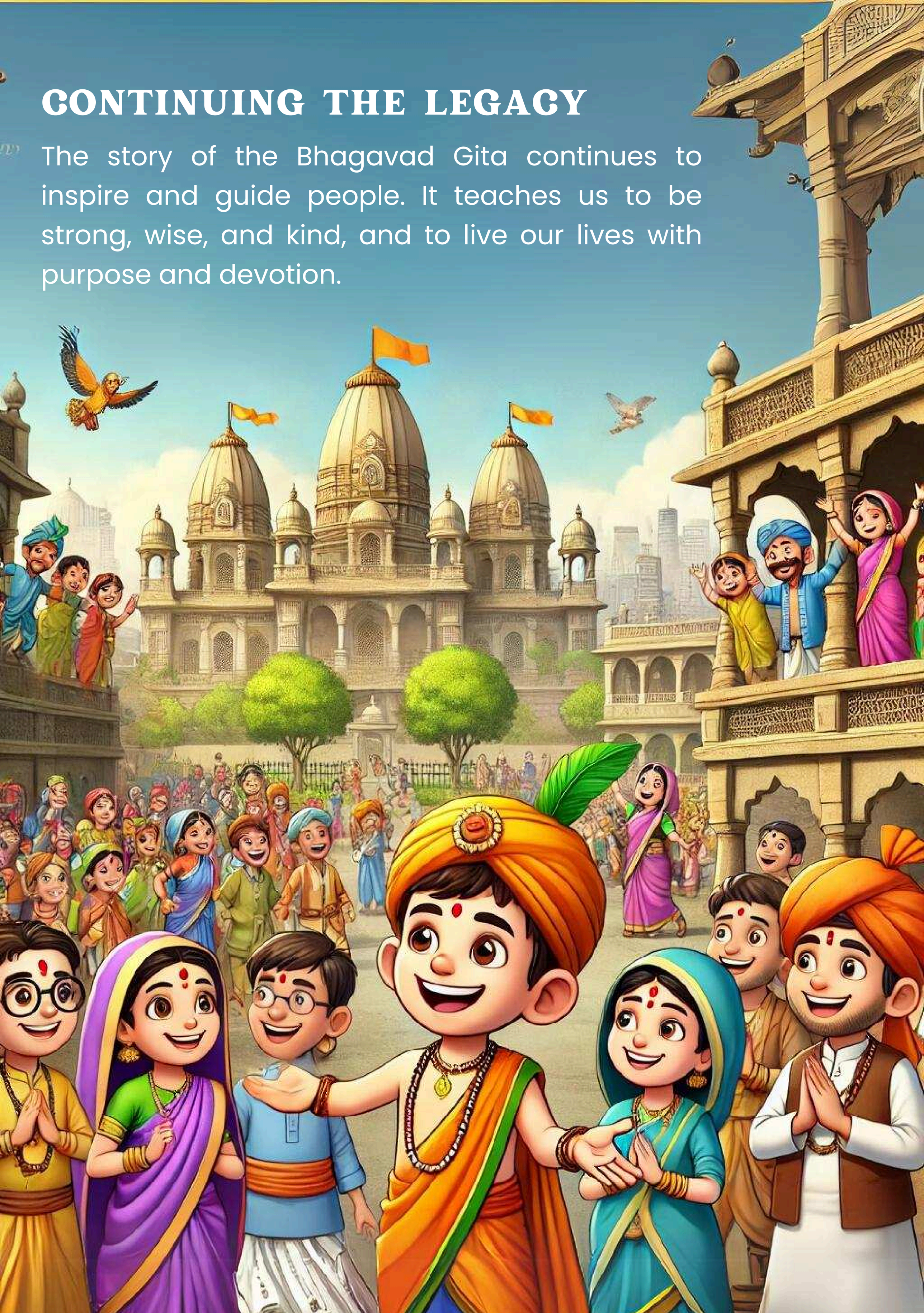
Arjuna was very thankful to Krishna for all his teachings. He promised to live his life following Krishna's guidance and to always remember the wisdom of the Bhagavad Gita.

THE PANDAVAS' RULE

Under the rule of the Pandavas, the kingdom of Hastinapura flourished. The people were happy, and there was peace and prosperity.

CONTINUING THE LEGACY

The story of the Bhagavad Gita continues to inspire and guide people. It teaches us to be strong, wise, and kind, and to live our lives with purpose and devotion.



READY FOR MORE?

You've done an amazing job learning about the Bhagavad Gita! Get ready to dive deeper into Krishna's teachings and discover even more wisdom in the next pages.

THE CYCLE OF LIFE

Krishna explained to Arjuna that life is like a big cycle. Just like the seasons change from spring to summer to fall to winter, our lives go through different stages too. We are born, we grow up, and then we move on to a new life.

SONG TIME

SING THIS SONG TO REMEMBER KRISHNA'S TEACHINGS:

Krishna's tune is light and fair,

Helping kids to love and care.

Grow with courage, pure and bright,

Walk the way that’s always right.

KARMA AND ITS IMPACT

KRISHNA TAUGHT ARJUNA ABOUT KARMA:

1 | **Good Deeds:** Doing good things brings good results.

2 | **Bad Deeds:** Doing bad things brings bad results.

3 | **Action:** Always try to do what is right and kind.

THE IMPORTANCE OF SELF-CONTROL

Krishna said that controlling our mind and senses helps us live a better life.

HERE'S HOW WE CAN PRACTICE SELF-CONTROL:

1 | **Stay Focused:** Concentrate on what you are doing.

2 | **Be Patient:** Wait for the right time.

3 | **Control Emotions:** Stay calm and don't get too angry or sad.

ARJUNA'S PRACTICE

Arjuna started practicing Krishna's teachings. He focused on his duties, controlled his emotions, and did good deeds. He found that his life became more peaceful and happy.

UNDERSTANDING TRUE HAPPINESS

Krishna explained that true happiness doesn’t come from material things like toys or sweets. Real happiness comes from within, by being kind, doing good deeds, & staying connected to God.

THE POWER OF PRAYER

Krishna taught Arjuna that praying to God helps us feel strong and protected. Prayer connects us to a higher power and gives us the strength to face challenges.

QUIZ TIME!

LET'S SEE WHAT YOU REMEMBER

1 **What does Krishna say life is like?**

- A circle
- A straight line
- A triangle

2 **What brings good results according to Karma?**

- Bad deeds
- Good deeds
- Doing nothing

3 **How can we practice self-control?**

- Stay focused
- Be patient
- Control emotions

SONG TIME

SING THIS SONG TO REMEMBER KRISHNA'S TEACHINGS:

Krishna’s melody, pure and clear,

Guides kids on their path so dear.

Grow with love and inner light,

Do what’s true and always right.

RECAP

So far, Arjuna has learned many important lessons from Krishna. He understands the cycle of life, the importance of good deeds, and how to find true happiness. With Krishna's guidance, Arjuna is becoming wiser and stronger.

CONTINUING THE JOURNEY

Arjuna and Krishna's journey on the battlefield was filled with many more lessons. Let's continue to learn and grow with them as we explore more teachings from the Bhagavad Gita.

THE POWER OF KNOWLEDGE

Krishna emphasized that gaining knowledge is very important. Knowledge helps us understand the world and make better decisions. He encouraged Arjuna to always seek wisdom.

POINTS TO REMEMBER

1 | **Knowledge:** Always learn and seek wisdom.

2 | **Devotion:** Love God with all your heart.

3 | **Wisdom:** Use your knowledge to make good decisions.

ARJUNA'S DEVOTION

Arjuna started practicing Bhakti Yoga. He prayed every day and dedicated all his actions to God. This made him feel peaceful and joyful inside.

TEACHING OF EQUALITY

Krishna taught that all living beings are equal. He said that everyone, no matter who they are, deserves love and respect. Arjuna learned to treat everyone with kindness.

LIVING A BALANCED LIFE

KRISHNA ADVISED ARJUNA TO LIVE A BALANCED LIFE:

1 | **Work Hard:** Do your duties diligently.

2 | **Play Well:** Enjoy time with friends and family.

3 | **Rest Enough:** Get enough sleep and relaxation.

QUIZ TIME!

LET'S SEE WHAT YOU REMEMBER

1 **What is the path of devotion called?**

- Karma Yoga
- Bhakti Yoga
- Jnana Yoga

2 **What does Krishna say about all living beings?**

- Some are better than others
- All are equal
- Only strong ones matter

3 **What should we do to live a balanced life?**

- Work hard
- Play well
- Rest enough

SONG TIME

SING THIS SONG TO REMEMBER KRISHNA'S TEACHINGS:

Krishna’s flute plays soft and true,
Helping kids in all they do.
Grow with joy and shining bright,
Walk the path that’s always right.

ARJUNA'S GROWTH

Arjuna grew stronger and wiser with Krishna's teachings. He learned to balance his life, treat everyone equally, & be devoted to God. This made him a great warrior & a wonderful person.

THE NATURE OF REALITY

Krishna explained to Arjuna that reality is made up of three qualities: goodness, passion, and ignorance. These qualities influence everything we do and how we see the world.

THE THREE QUALITIES

1 | **Goodness (Sattva):** This quality brings happiness, knowledge, and peace.

2 | **Passion (Rajas):** This quality brings desires, activity, and restlessness.

3 | **Ignorance (Tamas):** This quality brings darkness, laziness, and confusion.

BALANCING THE QUALITIES

Krishna advised Arjuna to cultivate the quality of goodness in his life:

1 | **Seek Knowledge:** Learn new things and understand the world.

2 | **Do Good Deeds:** Help others and be kind.

3 | **Stay Peaceful:** Keep a calm & clear mind.

ARJUNA'S PRACTICE

Arjuna began to focus on increasing goodness in his life. He sought knowledge, did good deeds, and practiced staying peaceful. This made him feel balanced and happy.

THE POWER OF DETERMINATION

Krishna told Arjuna that determination is key to achieving goals. He encouraged Arjuna to stay determined and focused on his duties.

QUIZ TIME!

LET'S SEE WHAT YOU REMEMBER

1 **Which quality brings happiness & peace?**

- Passion
- Goodness
- Ignorance

2 **What should we do to increase goodness?**

- Seek knowledge
- Do good deeds
- Stay peaceful

3 **What is important for achieving goals?**

- Laziness
- Determination
- Confusion

SONG TIME

SING THIS SONG TO REMEMBER KRISHNA'S TEACHINGS:

Krishna's smile, so bright and warm,
Guides kids safe through every storm.
Grow with grace and pure delight,
In his light, your path is right.

LIVING WITH WISDOM

Krishna emphasized the importance of living with wisdom. He told Arjuna to always think wisely before making decisions and to act with kindness and fairness.

POINTS TO REMEMBER

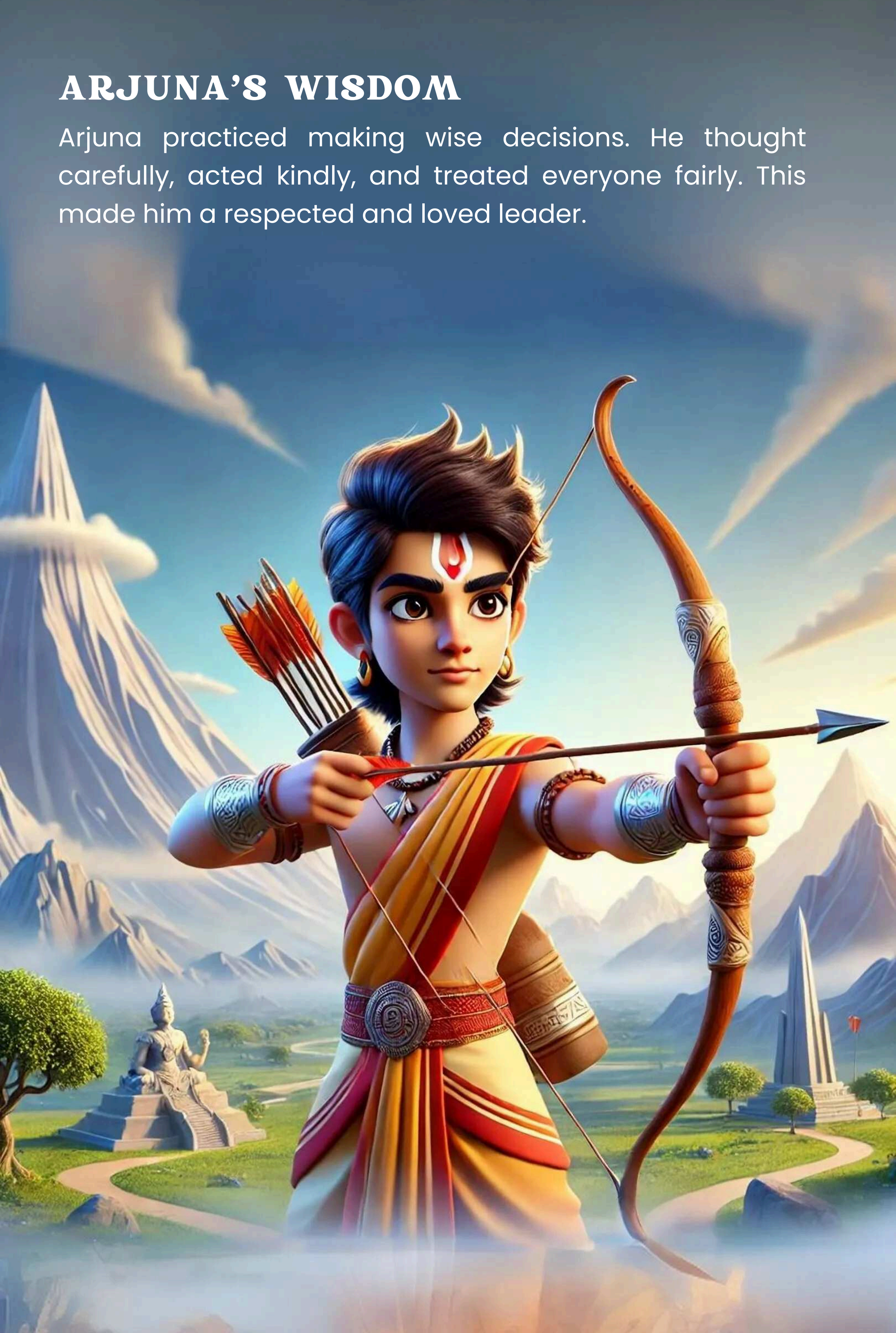
1 | **Focus the Mind:** Sit quietly and concentrate on a single point or thought.

2 | **Stay Calm:** Let go of all worries and stay peaceful.

3 | **Connect with God:** Meditate for closeness and strength.

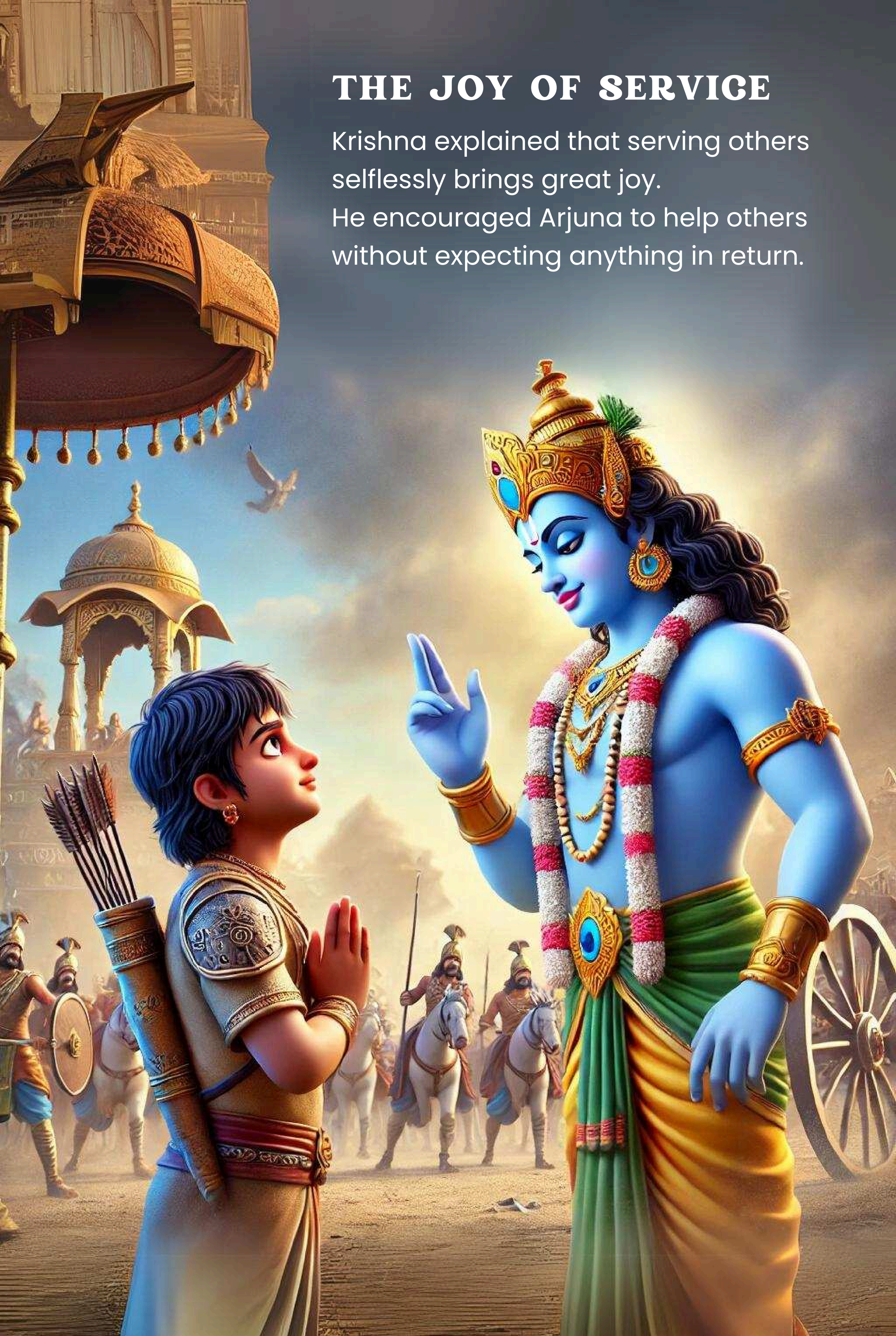
ARJUNA'S WISDOM

Arjuna practiced making wise decisions. He thought carefully, acted kindly, and treated everyone fairly. This made him a respected and loved leader.



THE JOY OF SERVICE

Krishna explained that serving others selflessly brings great joy.
He encouraged Arjuna to help others without expecting anything in return.



THE PATH OF SERVICE

1 | **Help Others:** Always look for ways to assist those in need.

2 | **Be Selfless:** Do not expect rewards for your good deeds.

3 | **Find Joy:** Feel happy and content by serving others.

QUIZ TIME!

LET'S SEE WHAT YOU REMEMBER

1 **What should we always think about before making decisions?**

- Money
- Wisdom
- TV shows

2 **How should we treat everyone?**

- Kindly and fairly
- Only those we like
- Ignoring others

3 **What brings great joy according to Krishna?**

- Eating sweets
- Watching cartoons
- Serving others selflessly

SONG TIME

SING THIS SONG TO REMEMBER KRISHNA'S TEACHINGS:

Krishna’s eyes, so full of charm,
Keep kids safe and free from harm.
Grow with love and wisdom’s light,
In his presence, all is right.

ARJUNA'S JOY

Arjuna found great joy in serving others. He helped those in need and did not expect anything in return. This made him feel very happy and fulfilled.

THE JOURNEY CONTINUES

The journey of learning & growing never ends. Keep exploring, asking questions, and helping others. The wisdom of the Bhagavad Gita will always be with you, guiding you to a life of joy and peace.

THE IMPORTANCE OF FRIENDSHIP

Krishna and Arjuna shared a special friendship that was full of trust & love.

HERE ARE SOME LESSONS ABOUT FRIENDSHIP FROM THEIR BOND:

1 | **Trust Each Other**: True friends always trust and support each other.

2 | **Be Honest**: Always tell the truth to your friends.

3 | **Help Each Other**: Be there for your friends when they need you.

4 | **Share Joy and Sorrow**: Celebrate happy times together & support each other in tough times.

5 | **Respect Each Other**: Treat your friends with respect and kindness.

THE POWER OF GRATITUDE

Krishna taught Arjuna to always be grateful.

HERE ARE WAYS TO PRACTICE GRATITUDE:

1 | **Say Thank You**: Always say thank you when someone helps you.

2 | **Appreciate Little Things**: Be thankful for small joys, like a sunny day or a tasty meal.

3 | **Keep a Gratitude Journal**: Write down things you are grateful for each day.

4 | **Express Gratitude to Others**: Let people know you appreciate them.

5 | **Be Grateful for Challenges**: Even difficult times teach us important lessons.

STORIES OF KINDNESS

Krishna often showed kindness to everyone.

HERE ARE SOME SHORT STORIES OF KINDNESS INSPIRED BY KRISHNA:

1 | **The Helping Hand**: Krishna helped a poor man by giving him food and clothes.

2 | **The Lost Calf**: Krishna found a lost calf and returned it to its mother, making both the calf and the cow very happy.

3 | **The Thirsty Traveler**: Krishna offered water to a thirsty traveler passing through the village.

4 | **The Broken Toy**: Krishna fixed a little boy's broken toy, making the boy smile.

FINDING COURAGE

Krishna taught Arjuna to be brave.

HERE ARE WAYS TO FIND COURAGE:

1 | **Face Your Fears**: Don’t run away from things that scare you.

2 | **Believe in Yourself**: Have confidence that you can handle challenges.

3 | **Ask for Help**: It’s okay to ask friends, family, or teachers for support.

4 | **Take Small Steps**: Start with small actions to build your courage.

DAILY PRACTICES FOR A HAPPY LIFE

Krishna's teachings can be practiced every day.

HERE ARE SOME DAILY HABITS FOR A HAPPY LIFE:

1 | **Helping Hand**: Do one kind act each day for someone else.

2 | **Morning Gratitude**: Start your day by thinking of three things you are thankful for.

3 | **Quiet Time**: Spend a few minutes each day sitting quietly, thinking calm thoughts.

4 | **Learning Something New**: Try to learn something new every day, even if it's small.

5 | **Night Reflection**: Before bed, think about what went well today and what you can improve tomorrow.

THE JOY OF GIVING

Krishna showed that giving brings joy.

HERE'S HOW YOU CAN EXPERIENCE THE JOY OF GIVING:

1 | **Give Your Time**: Spend time with someone who needs company.

2 | **Share Your Talents**: Use your skills to help others.

3 | **Donate**: Give away toys or clothes you no longer need to those in need.

4 | **Acts of Kindness**: Do something kind for someone without expecting anything in return.

5 | **Compliments**: Give genuine compliments to people around you.

LEARNING FROM NATURE

Krishna loved nature and taught Arjuna to learn from it.

HERE ARE SOME LESSONS FROM NATURE:

1 | **Be Strong Like a Tree**: Trees stand tall and strong through all weather.

2 | **Flow Like a River**: Rivers keep moving forward, no matter the obstacles.

3 | **Grow Like a Flower**: Flowers bloom and add beauty to the world.

4 | **Shine Like the Sun**: The sun gives light and warmth to everyone without asking for anything in return.

5 | **Be Calm Like the Moon**: The moon shines softly and calmly at night.

BUILDING CHARACTER

Krishna's teachings help build a strong character.

HERE ARE TRAITS TO DEVELOP:

1 | **Honesty**: Always tell the truth.

2 | **Respect**: Treat others with kindness and consideration.

3 | **Responsibility**: Take responsibility for your actions.

4 | **Perseverance**: Keep trying, even when things are tough.

5 | **Compassion**: Show care and concern for others.

CELEBRATING DIVERSITY

Krishna taught that everyone is unique and special.

HERE'S HOW TO CELEBRATE DIVERSITY:

1 | **Learn About Others**: Take interest in other cultures and traditions.

2 | **Be Open-Minded**: Accept and appreciate different viewpoints.

3 | **Include Everyone**: Make sure no one feels left out.

4 | **Celebrate Differences**: Enjoy the variety of experiences and ideas that diversity brings.

5 | **Spread Love**: Show love and kindness to everyone, no matter how different they are.

KRISHNA'S WISDOM

"Do your duty, & don't worry about the results."

This means you should always try your best without worrying about what will happen next.

"Treat everyone equally and with kindness."

This means you should always try your best without worrying about what will happen next.

"Stay calm and be patient."

It's important to stay peaceful and wait for the right time.

"True happiness comes from helping others."

When you help others, you feel really happy inside.

"Believe in yourself and in God."

Have faith in your own abilities and trust in God to guide you.

"Knowledge is the greatest wealth."

Learning new things is more valuable than money or toys.

KRISHNA'S WISDOM

"Be brave and face challenges."

Don't be scared to try new things and face problems with courage.

"Love everyone, just like you love yourself."

Treat others with the same love and care you want for yourself.

"Always speak the truth."

Being honest is very important, even when it's hard.

"Meditate to find inner peace."

Sitting quietly and thinking calm thoughts can help you feel peaceful.

"Every action you do should be done with love."

When you do things with love, they turn out better.

"Forgive others and let go of anger."

Forgiving people makes your heart lighter and happier.

KRISHNA'S WISDOM

"Hard work always pays off."

Working hard helps you achieve your goals and dreams.

"Be generous and share with others."

Sharing what you have makes everyone happier.

"Stay humble, no matter how successful you become."

Always stay kind and respectful, even if you achieve great things.

"Be grateful for everything you have."

Appreciate the good things in your life and be thankful.

"Help others without expecting anything in return."

True kindness is helping without wanting a reward.

"Learn from your mistakes and move on."

Everyone makes mistakes; it's important to learn and keep going.

KRISHNA'S WISDOM

"Stay positive, even in tough times."

Keeping a positive attitude helps you get through difficult situations.

"Be honest in all your actions."

Honesty is the best policy in everything you do.

"Respect nature and all living beings."

Take care of the environment and treat animals kindly.

"Practice self-control and discipline."

Controlling your actions and habits helps you lead a better life.

"Live in the present moment."

Enjoy the now and don't worry too much about the past or future.

"Keep learning and growing every day."

Every day is a chance to learn something new and improve yourself.

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